

In the Claims:

Please cancel claims 27-42; please amend claims 43 and 44; and please add new claims 48 and 49. The claims and their status are shown below.

1-42. (Canceled)

43. (Currently Amended) A method of improving the health of a mammalian subject ~~mammal~~ in need thereof which comprises administering an effective amount of a product to the subject, wherein the product is obtained by aqueous or aqueous alcoholic extraction of plant materials selected from the group consisting of leaves of *Cissus quadrangularis* plants, stems of *Cissus quadrangularis* plants, and roots of *Vernonia glabra* plants, ~~an extract from one or more plants selected from one or more of the plant families: *Cissus*, *Brillantaisia* and *Vernonia*;~~ whereby the extract is effective to promote one or more ~~of the following~~ activities selected from the group consisting of:

- (a) reduce the amount of fat absorbed by the body,
- (b) increase the amount of fat in feces,
- (c) increase fecal bulk,
- (d) reduce carbohydrate breakdown *in vitro*,
- (e) reduce carbohydrate breakdown *in vivo*,
- (f) inhibit salivary amylase activity,
- (g) inhibit intestinal amylase activity,
- (h) decrease the acidity of the stomach,
- (i) increase the amount of cholesterol in feces,
- (j) reduce post-prandial blood glucose,
- (k) inhibit intestinal lipase activity, and
- (l) reduce the body mass index (weight) ~~of subjects~~.

44. (Currently Amended) A method according to claim 43 for preventing or controlling obesity ~~or preventing or controlling the addition of weight~~.

45. (Original) A method according to claim 43 for preventing or controlling hyperlipidemia, hypercholesteremia or the inability to move freely.

46. (Original) A method according to claim 43 for preventing or controlling gastric acidosis.

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47. (Original) A method according to claim 43 for preventing or controlling constipation.
48. (New) A method according to claim 43 for preventing or controlling the addition of weight.
49. (New) A method according to claim 43 in which the mammalian subjects are human.